



U.S. AIR FORCE

# ALI TIMES



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407th Air Expeditionary Group, Ali Base, Iraq

July 15, 2005

## Whispers in the sand

Services Airmen provide members with opportunity to step back in time, visit 4,000-year-old sanctuary, the Ziggurat of Ur

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AF, Army brother reunite, go on patrol mission

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AF 12 Outstanding Airmen of Year named

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## Out and about

Col. Michael J. Nowak, 407th Air Expeditionary Group commander, visits Team Ali.



Photo by Airman 1st Class Jamie Shultz

Senior Airman Candace Sloan, 407th Expeditionary Services Squadron recreation specialist, shows Col. Michael J. Nowak, 407th Air Expeditionary Group commander, the finer points of making a slushy at the Hot Spot.

I recently had the pleasure of visiting with a few 407th Expeditionary Services Squadron members at the Hot Spot. Did you know that they make about 525 slushies a week? That's a lot of flavored ice water, but more than that, it's 525 happy customers out enjoying what Services has to offer. If you only go to work and then home, you're missing out on a lot of great opportunities here. Services provides just about everything you can imagine at an austere location. We can still call our family, send e-mails, study for our education, rent a video or book, play a video game or ping pong, poker, pool, the list goes on and on, and keeps getting bigger daily. Here at Ali we have a unique opportunity to visit one of the world's oldest religious sites right in our host's back yard. *Read more about the Services Airmen that transport base members to visit the Ziggurat of Ur on Pages 3 and 4.* Services is out there making our off-duty experience better, so you can go back to your shift rejuvenated the next day. So give them a hand by coming out to support them. Get involved!

## Front Page photo



Photo manipulation by Master Sgt. Maurice Hessel

Staff Sgt. Sergeant Nat Ruiz, 407th Expeditionary Services Squadron assistant Hot Spot manager, watches over several visitors at the Ziggurat of Ur. He provides security while base members can relax and enjoy a guided tour from a knowledgeable caretaker who lives on the site. More than just a security guard for the tour, Sergeant Ruiz has learned much about the history of the site and can help explain a few of the mysteries to visitors. *To read the story, turn to Pages 3 and 4.*

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# Stepping back into time

Services Airmen take on unique military duty as part-time body guard and tour guide here, so Ali members can safely relax and enjoy visiting the ...

## Ziggurat of Ur

Staff Sgt. Ruiz, 407th Expeditionary Services Squadron, provides security to protect several visitors to the Ziggurat of Ur, while Dhaif, the site's caretaker and tour guide, tells them about the history of the 4,000-year-old monument.

**By Tech. Sgt. Melissa Phillips**

407th Air Expeditionary Group Public Affairs

Although they get out and mingle often, 407th Expeditionary Services Squadron personnel are used to interacting with their customers over a counter.

However, two services Airmen here get to escape from behind the counter to leave the confines of base three times a week.

Equal parts tour guide and body guard, it's their job to escort personnel assigned to Ali Base, Camp Adder and the surrounding coalition sites to the Ziggurat of Ur, a historical monument built more than 4,000 years ago by worshippers of the moon god Nanna.

"The tours allow each visitor the chance to forget work and step back into time," said Tech. Sgt. Mike Radke, 407th ESVS director of marketing and publicity, who is one of two services specialists that provide the unique service.

"Walking inside the city of Ur is a highlight of my Air Force career," said Sergeant Radke, who is deployed from McConnell Air Force Base, Kan.

"This is one of the only places on earth that allows me the opportunity to see, touch and listen to a guided tour (from an Iraqi

caretaker) containing more than 4,000 years of history in one location," Sergeant Radke said.

The archeological site was also said to be the home of Abraham, a biblical figure whom several religions regard as their ancestor. Along with the house of Abraham, which was recently renovated in 1999, visitors can also see the royal tombs and walk through the remains of the city.

### Standing on holy ground

Although visitors are required to bring their helmet and flak vest, the Services guides are the only personnel required to carry their M-16. Throughout the tour, they are tasked with protecting the group.

"It's great that Services provides us the opportunity to see the Ziggurat," said Tech. Sgt. Luis Sanchez, 407th Expeditionary Security Forces Squadron information management noncommissioned office in charge, who is deployed from Laughlin Air Force Base, Texas.

"They already understand what we can learn from the visit, and help us get the most out of the experience," said Sergeant Sanchez. "I appreciate that we are in a combat zone and they keep us safe, so we don't have to worry about anything except enjoying the tour."

For one Services Airmen facilitating the

tour is more than just a job.

"It's a privilege to be one of the few fortunate to stand on holy ground not seen by many Westerners," said Staff Sgt. Nat Ruiz, 407th ESVS assistant Hot Spot manager, who is also deployed from Laughlin AFB.

"There is a peacefulness out there that breaks the monotony of everyday life here; it is two hours of solitude," said Sergeant Ruiz.

### The mystery unfolds

The ziggurat has been restored several times. Most of the exposed outer surface of the structure visitors see today is from work done just 40 years ago.

The first two layers of the ziggurat are relatively well preserved; however, the upper level is no longer standing. The ziggurat was built in three stages taking hundreds of years to complete. The structure was unearthed in the mid 1800s by the British consul J. E. Taylor, who partly uncovered the ziggurat.

Unlike the pyramids of Egypt, the ziggurat is a solid structure. There are no inner passages or chambers for burying former rulers. However, just a few steps from the monument there is a cemetery in the adjacent city of Ur, which was later excavated

Photo by Master Sgt. Maurice Hessel

See Ziggurat Page 4



## Ziggurat Tours are another outlet to enjoy time at Ali

Continued from Page 3

in 1922 by Sir Leonard Wooley.

### Modern day storyteller

There is one man who knows the ziggurat and its surrounding sites better than anyone alive. His name is Dhaif. He lives on the grounds and takes care of the site.

Taking care of the ziggurat is a family tradition that runs in his blood. His grandfather was part of the team that helped excavate in 1922.

Dhaif and his father, who also lives there, have both participated in excavations throughout their lifetime.

Dhaif, who speaks a smattering of more than four different languages, carries many of the sites secrets around in a blue binder, tattered and worn from years of use.

In broken English he's picked up and polished through years of speaking to servicemembers from all over the world, he guides visitors through the monument and the city's ancient past.

"It's fascinating that a man can spend his whole life in one area," said Sergeant Ruiz. "He possesses the knowledge of three generations and dedicates his life to pass it onto anyone who will listen."

### A religious experience

Visiting religious sites is nothing new for Sergeant Sanchez.

"It's always been a family tradition to

see the temple or main church in every town we visit," said Sergeant Sanchez. "It's been a humbling experience visiting here."

### Walking inside a history book

Locked inside the bricks are ancient writings of civilizations long gone. However, they're next to impossible to locate without a guide to show visitors where to look.

Staying current on the city's mysteries is a never-ending process.

"After each strong dust storm, something new is almost always uncovered," said Sergeant Radke. "Even today, new items such as skeletons and artifacts are being uncovered by nature versus excavation."

Walking around the site evokes strong reactions in visitors.

**"For many, the ziggurat tour is their first realization of Iraq's place in history beyond the negative images they were shown on the news."**

**- Tech. Sgt. Mike Radke, 407th ESVS**

"It's a tremble within your senses that can never be comprehended from a history book," said Sergeant Radke.

"The rise and fall of four dynasties is written on (these) brick walls with over 1,800 remains found among the royal tombs," he said.

### The city's demise

The more commonly known name of the city is its biblical name, Ur of the Chaldees. This name refers to the Chaldeans, who settled in the area about 900 B.C. Passages in the Bible's book of Genesis describe Ur as the starting point of the migration westward to Palestine for the family of Abraham around 1900 B.C.

During the Chaldean dynasty, King Nebuchadnezzar II ruled over another period of construction at the city of Ur. However less than a century later, Babylonia came under the control of Persia, and Ur began its decline.

Historians speculate the change was most likely due to a combination of warfare in the area combined with a shift in the Euphrates River, which decreased its value as a trade route.

### A glimpse into a long history

For many, their trip to the ziggurat is a glimpse into Iraqi history.

"A large majority of Air Force personnel were just getting started with their careers or still in school during Desert Shield and Desert Storm," said Sergeant Radke. "Since

then, Iraq has never left the media or minds of the American public.

"For many, the ziggurat tour is their first realization of Iraq's place in history beyond the negative images they were shown on the news."

It was a one-sided image Sergeant Ruiz said has been corrected since he arrived.

"One time we (United States and Iraq) were on different sides of the fence," said Sergeant Ruiz. "It feels good knowing I am a part of a mission that is helping to nurture and protect their new government."

### Lending a helping hand

As a part of a crew that dispense various items from slushies to video games to basketballs, Sergeants Ruiz and Radke help design programs targeted at meeting the needs and expectations of current and future patrons.

"Services plays a key role in the mission," said Sergeant Ruiz, whose squadron provides everything from the pillows servicemembers lay their heads down on at night to the fitness center where they can unleash job stress.

It's a 24 hour-a-day, seven day-a-week, 365 day-a-year task to provide morale, welfare and recreation, that daily, touch the lives of more than 1,100 Air Force assigned here.

Additionally, they also provide many of the same benefits to more than 6,000 U.S. servicemembers and coalition forces in the area.

"We are a key component in the big mission circle. If you take out one component, the mission can't go on," said Sergeant Ruiz. "Simply put, we help to take care of each other."

"The tours are just one of our many programs to help servicemembers relieve stress and enjoy their tour of duty here."

*Some information obtained from Master Sgt. Don Perrien.*



Photo by Airman 1st Class Jamie Shultz

Tech. Sgt. Mike Radke, 407th Expeditionary Services Squadron, shows Tech. Sgt. Barrington Jennings, 407th Air Expeditionary Group, how to tell the difference in the character signatures among coral, sea shells, pottery and human bones.

## How to sign up

The ziggurat tours are held Tuesdays, Thursdays and Saturdays, and are open to all Armed Forces identification card holders, civilian and contract workers. Tours are subject to change due to force protection measures. Individuals can sign up at the Hot Spot front counter or call 445-2306. There is currently a four to five week wait for open tour spaces; therefore, Services suggest interested individuals sign up soon.

## 332nd AEW June Airman of the Month



*Courtesy photo*

Congratulations are due to Senior Airman Michael McGraw, 407th Expeditionary Communications Squadron Base Information Infrastructure technician, for winning the 332nd Air Expeditionary Wing, Balad Air Base, Iraq, June Airman of the Month award.

## Combat Stress Control

98th Medical Detachment

Sustaining soldiers and Airmen by managing stress to improve mission readiness

### Services offered

Coping with homicidal or suicidal thoughts  
Coping with stress  
Stress management for leaders  
Managing home front issues  
Deployment stress  
Critical events debriefing  
Command referrals/consultations

### Classes

Relaxation techniques, stress management, suicide prevention, anger management, smoking cessation, working with difficult people, post-deployment briefing, family reintegration/redeployment issues and more.

Individual counseling is available by appointment or walk-in; however, crisis intervention is available on a 24-hour basis. For more information, visit Building 208 or call 833-1562/1563.



*Courtesy photo*

Contractors from the Red Sea Housing Services, an American managed company, off load one of the new shower and toilet combo Cadillac trailers here recently. The first trailer is expected to be functional and open by late July.

# Network News

**By Tech. Sgt. Stephanie Wolpink**

*407th ECS Network Control Center*

### Leave 'em on!

Some base personnel have asked if they should leave their computers powered on all night. The answer is yes. Personnel should purposely leave their computers on at night. You have two options: you can either lock the computer (by holding down the ctrl, alt and delete keys simultaneously) or log off the network. The reason we ask you to keep your computer on is because the Network Communication Center remotely pushes security patches and upgrades onto the computers at night throughout the week. The NCC pushes patches in the evening so fewer personnel are inconvenienced during the updates.

### Automatic reboot

If you work mid-shift, you have probably received a message saying your computer will reboot in 10 minutes and instructing you to save all open data. Or, maybe you came to work one morning knowing that you left your computer logged on to the network, but when you came in the computer was no longer logged in. This is because the NCC remotely reboots all base computers weekly. This allows the NCC to ensure all security patches and upgrades that are pushed to computers during the week are fully installed and operational.

### Online storage

Ali only has a limited amount of online storage space. To ensure there is always space for mission data, the NCC scans for and deletes any unauthorized files stored on the shared and restricted drives. As well, the NCC installs new software to prevent users from saving unauthorized files onto the file server. These unauthorized files include audio files (.mp3 and .wav) and video files (.mpeg and .mov) to name a few. If you require these types of files for mission requirements, contact the help desk for approval and access.

*For more information, contact the 407th Expeditionary Communications Squadron Help Desk at 445-2731/2732.*



# How to communicate without talking

Communication is a tricky thing. When listening to others, we only seem to hear what we want to hear. At least, that's what my wife says about me during our conversations.

As I listen to others converse, I have to agree with her. We all know how to speak, and we want to speak all the time.

The problem is the person at the other end of your conversation never seems to receive it the way you think you said it.

While you're trying to make your point, the other person is spending their time trying to come up with a reply to you instead of listening to what you have to say. How rude!

Of course, you do the same thing to them and nobody really understands what the other person is saying. Do you understand what I'm trying to say?

So, how do we do a better job of communicating? My wife recommends a "2 x 4" to the head to get my attention, but she says that just applies to me.

Might I suggest doing a better job of listening?

That's half the conversation, isn't it?

A bestselling author says, "Seek first to understand, then to be understood."

If done properly, you'd be amazed how

effective a communicator you can become, simply by listening. Here's how to do it.

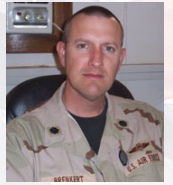
1. Stop thinking of a reply while the other person is speaking. Listen to what they are saying and try to understand it.

2. The second step to being an effective communicator is verify that you understand what the other person just said. Look at the other person and say, "Let me see if I understand what you're saying."

Then repeat back to that person what they just said. Don't continue with a reply until the other person is satisfied that you understand them. This action does two things for you. First, it actually verifies that you understood what the other person was trying to convey to you. Second, and most importantly, you've now gained some credibility with the other person because you have shown that you are trying to understand their point-of-view.

3. With this new-found credibility, you can now formulate a reply with the other person's concerns in mind. They will be more inclined to listen to what you have to say knowing that you have shown them the same courtesy.

"So, how do we do a better job of communicating? My wife recommends a "2 x 4" to the head to get my attention, but she says that just applies to me. Might I suggest doing a better job of listening?"



Quote and story by Lt. Col. Eric Brenkert  
407th Air Expeditionary Group safety officer

I have had the opportunity to use this technique a few times in the past when there seemed to be an argument with no impasse.

Once I stopped speaking and started listening, the arguing stopped. I would explain what I had heard and asked questions to ensure I had it right. Then, I would explain my position in regards to their concerns. With better understanding, we came to an agreement every time. This listening stuff worked!

So, next time you find yourself cutting someone short to get your point-of-view in there - stop and listen.

Instead of talking and digressing into an argument, you'll find that listening leads to understanding and cooperation. Isn't that what we all need over here?

Now, shut up and get back to work!

# The choice is yours to make

Each day we make choices that immediately or eventually affect our lives or the way we live them. From the moment we wake up, or at least somewhat wake up, until we go to sleep we are making choices.

Do I hit the snooze button one more time and get five more minutes of sleep? Do I skip breakfast because I hit the snooze button? Do I stay up to watch a movie or go to bed?

It's your choice.

Most choices affect many other things that occur during our day. Did staying up late to watch the movie lead to hitting the snooze button, causing you to skip breakfast or even being late to

"Did staying up late to watch the movie lead to hitting the snooze button, causing you to ...be late to work? ...one choice starts a cascade of effects that are now out of control."



Quote and story by Master Sgt. Jay Hoth  
407th Expeditionary Logistics Squadron first sergeant

work? In this example, one choice starts a cascade of effects that are now out of control. Here at Ali, there are a number of choices to make each day and any one could have either a positive or negative impact on you or the mission.

Do I go to Muscle Beach and work out or do I go to the dining facility and get my second bowl of

ice cream of the day?

Do I go to the latrine in my flip flops just because I'll only be

See *Choices* Page 7



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## Choices Visualize expected outcome prior to making choices

Continued from Page 6

out of my tent for a minute, or do I take the time to put on my socks and shoes?

Do I get involved in what's going on or do I use the excuse of having too much work to do?

Do I blow off inspecting my mask because you make the assumption you'll never need it here?

It's your choice.

So, what does it take to make a good choice? First, you need to be in the proper frame of mind. Second, you need to take

the time to weigh the pros and cons of what you are making a choice about. Third, you need the proper information or education to make a choice to know all the facts, good and bad. Lastly, you should have an idea of what the possible outcomes of your choice will be. Many times when someone makes a choice and hasn't done these things, he or she doesn't achieve the expected outcome. When asked about the choice and the actual outcome, most answer "I didn't think about that."

Ultimately, your choices are yours to make.

Life is all about the choices you make. What's yours?

## One Big Team

Around February to March, you were notified that you were going to deploy. As Air and Space Expeditionary Force 5 and 6 quickly approached, you shifted into high gear and units at home station prepared our Airmen for a demanding mission on foreign soil. Each of us prepared loved ones for months of separation and prepared ourselves for the months ahead.

As we congregated at our bases or the Air Mobility Center terminal at Baltimore/Washington International airport, loaded down with three or more bags and a weapon's case in tow, we

were a group of individuals with a common goal: members of the greatest Air Force in the world headed to Iraq to help.

We traveled from various locations and slowly started to communicate as our band of brothers and sisters grew along the route.

We were assigned a troop commander and each chalk worked together to ready pallets for our final flight.

We also followed informal leaders, picked-up a few bewildered followers along the way and assisted each other with the infamous bag-drag.

Most passed through Germany with a stop for a night or two at a main operating location in Southwest Asia.

I think all will remember the final leg sitting shoulder-to-shoulder next to someone

## Leaning on each other to get the job done

you never met in the heat and darkness of the C-130 feeling apprehensive of what lay ahead. Our team was greeted by outgoing Airmen eager to show us what they accomplished over the past four months. We were eager to become the newest custodians of Ali Base and write our own part of history. Prior rotations laid the foundation for which we were charged to build upon and now it

was our turn to continue the mission.

Our team was assembled and leadership defined the mission and set a course of action.

We must

never forget that no one person can be more or less important, no matter what the specialty. We all contribute and have a major stake in the final outcome.

We must continue to communicate and assist each other to reach our goals and do whatever it takes to have a successful deployment.

Each person at Ali Base, your home unit and your family members are making huge sacrifices and contributions to make this mission a success. Our units at home station are picking up the burden and our loved ones support us with care packages, letters and e-mail on a daily basis.

So the next time you hear "One Team, One Fight," please reflect for a moment.

We truly are one big team!

**Prior rotations laid the foundation for which we were charged to build upon and now it (is) our turn to continue the mission.**



Quote and story by Chief Master Sgt. Troy C. Witala  
407th Expeditionary Civil Engineer Squadron

## Fire reporting directions

For fire emergencies at Ali personnel must call 911 immediately, and then evacuate the building. The senior ranking individual should account for all personnel. Although many base facilities contain fire alarms, none of the alarms automatically alert the fire department to respond to a fire. If your system alarms and you're certain it was an accidental activation, call the fire department at 445-2259 to report it and a crew will be dispatched to reset the system.

## Compounds off-limits

The Italian compound, Camp Mitica and ROA (6<sup>0</sup> Reparto Operative Autonomo) are off-limits to Air Force personnel assigned to the 407th Air Expeditionary Group except for official functions. Personnel who wish to attend functions at the compound must have written approval from their squadron commander and must use the buddy system in the hours of darkness. The pizzeria here is not off limits.

## TSP is open permanently

Thrift Savings Plan open seasons have been eliminated since July 1. Qualified personnel may now enroll or change contribution amounts at any time. There are two avenues available to accomplish this change: complete a TSP-U-1 and submit to your home station finance office, or log in to myPay and set up your deductions. Your election will become effective no later than the first full pay period after you submit it. At present, TSP contributions are capped at 10 percent of your base salary; however, you may elect to contribute 100 percent of any bonus or special duty pay you receive up to a total of \$14,000 for 2005. For more information, contact Capt. Bryan Collins, 407th Expeditionary Financial Management, at 445-2227.

## Direct Dial stateside access

Personnel can access a stateside dial tone by dialing 809-463-3376 or call a stateside DSN operator.



# AF, Army brothers reunite, go on patrol mission

By Tech. Sgt. Melissa Phillips

407th Air Expeditionary Group Public Affairs

When many Americans think about the Army, they envision gun-slinging soldiers securing a tactical area.

When they think about the Air Force, they visualize pilots or mechanics preparing to launch an aircraft.

Two brothers from Maple City, Michigan, who are both currently deployed to Iraq, break that norm.

Staff Sgt. Brian Czerniak's job is a military policeman. The patrol leader from the 407th Expeditionary Security Forces Squadron helps secure and protect the 210 square miles surrounding the installation's perimeter from unfriendly forces.

His youngest brother, Spc. Derek Czerniak's job is to help helicopters get off the ground. The AH-64D Apache Longbow crew chief is from the 2-101st Aviation Regiment, and is deployed to an undisclosed post in Iraq.

In today's modern battlefield the line between military functions often seems to blur.

"I maintain Apaches so the pilots can protect patrols who maintain security," said Specialist Czerniak, who can barely contain an audible Army hooah as he talks about the aircraft that was one of the driving forces behind his decision to enlist in the Army.

They were both deployed to Iraq in 2003 and narrowly missed meeting then.

This time, after several near misses, they reconnected for five days here.

Specialist Czerniak is on a one-year tour in Iraq from Fort Campbell, Ky., and due to the extended timeframe Soldiers earn a 15-day vacation and can choose their leave destination anywhere in the world.

Specialist Czerniak said he would have willingly given up his vacation to spend just a fraction of it with his older brother.

As luck would have it, he didn't have to make that sacrifice.

Both of the brothers' leadership were supportive of reuniting them; consequently, Specialist Czerniak can still claim his leave at a later date.

"He told me he would rather do this instead of going to Germany and living it up," said Sergeant Czerniak.

"It wasn't a shock to me because I know my brother and he prefers life-enriching



Master Sgt. Maurice Hessel

(Left) Staff Sgt. Brian Czerniak, 407th Expeditionary Security Forces Squadron patrol leader, and (right) Spc. Derek Czerniak, 2-101st Aviation Regiment AH-64D Apache Longbow crew chief, greet two locals during a patrol mission here recently. Specialist Czerniak is deployed to an undisclosed location in Iraq and jumped at the opportunity to visit here and watch his big brother in action.

experiences, and it was a once in a lifetime experience."

Service to the military runs deep in their family lines. Their grandfather was in the Army Air Corps, and their father was in the Army. Their older brother separated after honorably serving in the Marines, and their middle brother is currently serving in the Army.

The only puzzle that remains is to wait and see if their baby sister, still in high school, will enlist in a service of her choice.

Both men balk at the idea and jokingly say they'll try to discourage their sibling, but admit it's a tradition they strongly value.

Both men put their family at the core of their off duty time, and try to reunite often.

Other than the expected "I will always be bigger, better, stronger and faster than you" ribbing, both of them equally respect the other.

And for a few days far away from hills and valleys of their childhood home, both men had the unique opportunity to witness the other's service to the United States first hand.

Instead of chilling out at the installation's many recreation centers, both men suited up in full battle rattle (helmet and flax vest with their M-16 slung over their shoulder) to convoy out into the searing desert - to

enjoy their unusual definition of a vacation together.

"He didn't know we were going on a convoy until he got here," said Sergeant Czerniak. "I wanted to joke with him that day and say, 'Gear up. We're going out there.'"

He was a nice brother; he waited two days until he escorted his brother on a patrol mission outside the wire.

Sergeant Czerniak had visited his brother's installation on security missions aboard cargo aircraft delivering supplies to Specialist Czerniak's post twice prior to their reunion. Previously, he had barely enough time to peak in the direction of his brother's work center.

"He was so close," said Specialist Czerniak, who wasn't notified in enough time to meet the plane. "He could see the end of the runway, and I was only less than a quarter of a mile away."

This time Sergeant Czerniak had the honor of escorting his younger brother back himself and safely seeing him to his post.

"We have a mutual respect, curiosity and interest in what the other does," said Sergeant Czerniak, who says they both also now have a clearer understanding what the other brings to the fight.





Photo by Airman 1st Class Jamie Shultz

### A helping hand

**(Front)** Master Sgt. Charles Burke, 407th Expeditionary Civil Engineer Squadron deployed from Stewart Air National Guard, N.Y., sorts through donated toys Monday to help prepare for an upcoming Operation Reach Out mission. More than 40 volunteers from throughout the base helped sort more than 1,000 pounds of toys, clothes and shoes to benefit locals in need. For more information on Operation Reach Out, contact Staff Sgt. Mary Willis, 407th Expeditionary Security Forces Squadron Operation Reach Out supply point of contact, at 445-2070, or Tech. Sgt. Reginald Ellis, 407th ESFS Operation Reach Out coordinator, at 445-2753.

## Air Force names 12 Outstanding Airmen of the Year

7/11/2005 - **RANDOLPH AIR FORCE BASE, Texas (AFPN)** — Air Force officials have selected the service's top enlisted Airmen, naming the 12 Outstanding Airmen of the Year for 2005.

An Air Force selection board at the Air Force Personnel Center here considered 45 nominees who represented major commands, direct reporting units, field operating agencies and air staff agencies. The board convened in May and selected the 12 based on superior leadership, job performance and personal achievements.

The winners are: Senior Master Sgt. James Davis from Langley Air Force Base, Va.; Senior Master Sgt. Anthony Rittwager from McGuire AFB, N.J.; Master Sgt. Douglas Isaacks from Naval Air Station Keflavik, Iceland; Master Sgt. Robert Liles from Lackland AFB, Texas; Tech. Sgt. Michael Harris from Kadena Air Base, Japan; Tech. Sgt. Paul Schaaf II from Moody AFB, Ga.; Staff Sgt. Sean Belding from Robins AFB, Ga.; Staff Sgt. Amber Mitchell from Patrick AFB, Fla.; Staff Sgt. Terrence Raybon from Travis AFB, Calif.; Staff Sgt. Scott Tamayo from Hickam AFB, Hawaii; Senior Airman John Lockheed from Kingsley Field, Ore and Senior Airman Amber Turek from Hurlburt Field, Fla.

The Airmen will be honored during the Air Force Association Air and Space Conference and Technology Exposition in Washington in September. Article courtesy of AFPC News Service.

### In Brief

#### Air Force changes fitness test criteria

7/6/2005 - **WASHINGTON** — Air Force officials are making changes to the physical fitness test. Updates to Air Force Instruction 10-248 will change how body composition is measured, a new table for the running portion of the test that takes into account the runner's elevation, a change in the number of days an Airman must wait before retesting after having scored in the marginal category and body composition also be measured using body mass index. For the full story go to <http://www.af.mil/news/story.asp?storyID=123010965>.

#### Force Shaping Phase II evolves for fiscal 2006

7/12/2005 - **WASHINGTON** — The Air Force achieved its congressionally mandated active-duty end strength of 359,700 Airmen for fiscal 2005. Force Shaping Phase II initiatives successfully reduced the overall size of the force; however, the Air Force still has more officers than authorized and Phase II will continue into the next fiscal year, beginning Oct. 1. For more information, go to [www.afpc.randolph.af.mil/retsep/shape2.htm](http://www.afpc.randolph.af.mil/retsep/shape2.htm).



### Rumor

I heard that “they’re” (Department of Defense, Congress and Air Force) going to increase hostile fire pay to \$750 a month.

### Fact

No, unfortunately that’s just a rumor. Hostile Fire/Imminent Danger Pay (HFP/IDP) will continue at \$225 per month while deployed to Ali Base for fiscal year 2005 and 2006. However, the House of Representatives did pass a \$441.6 billion Defense Authorization Bill for FY06 May 25. Within this bill was approval to raise the maximum Hardship Duty Pay (HDP) cap from \$300 to \$750. At present, Airmen deployed to Ali Base receive \$100 per month for HDP, but in special cases this amount could increase to \$300 per month for those members INVOLUNTARILY extended beyond twelve months in Iraq. The Senate is expected to pass the bill in late July, and is considering verbiage that MIGHT increase HDP to \$750 per month for all members deployed to Iraq for more than 180 consecutive days. Keep in mind that this is an FY06 appropriations bill so any changes brought forth in this legislation will not take effect until Oct.1 at the earliest.

*The question was answered by Capt. Bryan Collins, 407th Expeditionary Financial Management. For more information, call 445-2227.*

## More opportunities to win Identify This

Swing and mid shifter can now  
play. Here’s how.

This week’s *Identify This* will not be  
announced until July 22 at Combat  
Bingo at the Big Top at 7:30 p.m. Each  
week the winners will be chosen the  
following Friday to allow more  
individuals a chance to play.

Game on!

## 407th AEG Warrior of the Week Senior Airman Michael Moran



**Unit:** 407th Expeditionary Communications Squadron

**Duty title:** Network control technician

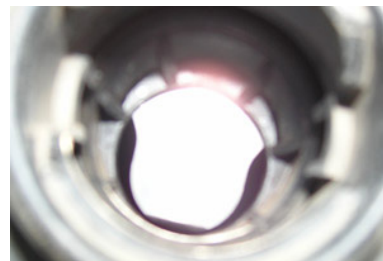
**Home unit:** 22nd Communications Squadron, McConnell Air Force Base, Kan.

**Why other warriors say he’s a warrior:** An all around hard worker with a professional attitude, he performs weekly maintenance on the network servers to improve overall network performance and guarantee the best availability. He installed new script servers to ensure the latest patches for better overall performance and installed a new switch during the earlier morning hours to reduce impact to the customer.

**What is your most memorable Air Force experience:** Performing honor guard details and seeing how much it means to their family for the honor guard to be there.

**Hobbies:** Spending time with his wife, Jennifer, who he’s been married to for two years, and his son Cuyilar, 1.

## Identify This



**KNOW WHAT THIS IS?** If you can identify the object, e-mail us at [Ali.Times@t1ab.centaf.af.mil](mailto:Ali.Times@t1ab.centaf.af.mil) with “Identify This” in the subject block by 3 p.m. the following Friday. All correct entries will be placed in a box and **three winners** will be **randomly selected** at the following week’s **Combat Bingo** at 7:30 p.m. at the Hot Spot. *Participants do not have to attend bingo to win.* The three winners will **win a complimentary t-shirt or coin** from the 407th Expeditionary Services Squadron. The following individuals guessed last week’s entry of a milk or juice box straw. They are Senior Airman Moreno Francisco, 407th Expeditionary Civil Engineer Squadron; Staff Sgt. James Gressick, 777th Expeditionary Aircraft Maintenance Squadron and Tech. Sgt. Debra Bobair, 407th Expeditionary Operations Support Squadron.





Photo by Master Sgt. Maurice Hessel

Airman 1st Class Jorge Nikolas, 407th Expeditionary Communications Squadron, pegs an opponent at a dodge ball game during the intramural season, while his teammate, Staff Sgt. Keith Frevert, 407th ECS, watches from the sidelines. The 407th ECS won the playoff tournament Tuesday against the 407th Expeditionary Services Squadron 2 to 1.

### Intramural dodge ball standings

Northern Division	Eastern Division
ECS B *	EOSS A *
ESVS B *	ELRS A *
EOSS B	ESVA
Dirt Boyz (ECES)	ECS A
J.B.L.S (ECES)	Destroyers (ECES)
Italians	Dirt Devils (ECES)
ESFS C	ESFS A
Southern Division	Western Division
EOSS C *	ECS C *
DPW *	407 AEG *
Power Pro	ESFS B
ESFS D	Scared Hitless
ELRS B	ESFS E
Big Green Dot	Fire Dawgs (ECES)

\* Indicates a playoff team



Photo by Tech. Sgt. Melissa Phillips

### Spin magic

Master Sgt. Paul Richmond, 407th Expeditionary Civil Engineer Squadron, and Senior Airman Henry Rios, 407th Air Expeditionary Group, work up a sweat at a spin class at Muscle Beach recently. Spin classes are held Thursday through Monday at 5 p.m.

# Just for Fun

Presented by the 407th Expeditionary Services Squadron

## Today

**5:30 a.m., Yoga** (tape) at Muscle Beach  
**8 a.m., Quarterback Challenge** at basketball court  
**5 p.m., Spin** at Muscle Beach  
**7:30 p.m., Bingo** followed by a movie at Hot Spot  
**8 p.m., Country and rock band** (Gina Notrica) at the Adder Commons  
**8 p.m., Quarterback Challenge** at basketball court  
**8:30 p.m., Absolute Abs** at Muscle Beach

## Saturday

**5 a.m., Pushup** contest at Muscle Beach  
**2:30 p.m., Pilates** at Muscle Beach  
**5 p.m., Spin** at Muscle Beach  
**7:30 p.m. to 11 p.m., country night** at Big Top  
**8 p.m., 3-Point Shoot Out** at basketball court  
**8 p.m., 8-ball** at Hot Spot

## Sunday

**5 p.m., Spin** at Muscle Beach  
**7:30 p.m., Jujitsu** at Muscle Beach  
**8 a.m., Push up contest** at Muscle Beach  
**8 p.m., 9-ball** at Hot Spot  
**8 p.m., Foosball** at Hot Spot

## Monday

**5 p.m., Spin** at Muscle Beach  
**7 p.m., Intramural basketball** at basketball court  
**8 p.m., Foosball** at Hot Spot  
**8:30 p.m., Absolute Abs** at Muscle Beach

## Tuesday

**5:30 a.m., Tai Chi** (taped) at Muscle Beach  
**8 a.m., Modified Triathlon** at Muscle Beach  
**2:30 p.m., Tai Chi** (taped) at Muscle Beach  
**7 p.m., Intramural basketball** at basketball court  
**8 p.m., Ping Pong** at Hot Spot  
**10:30 p.m., Tai Chi** (taped) at Muscle Beach

## Wednesday

**5:30 a.m., Aerobics** at Muscle Beach  
**2:30 p.m., Pilates** at Muscle Beach  
**7 p.m., Intramural basketball** at basketball court  
**8 p.m., Dominoes** at Hot Spot  
**8:30 p.m., Absolute Abs** at Muscle Beach

## Thursday

**5:30 a.m., Tai Chi** (taped) at Muscle Beach  
**2:30 p.m., Tai Chi** (taped) at Muscle Beach  
**5 p.m., Spin** at Muscle Beach  
**7 p.m., Intramural basketball** at basketball court  
**8 p.m., Madden tourney** at Hot Spot  
**10:30 p.m., Tai Chi** (taped) at Muscle Beach

## July 22

**5:30 a.m., Yoga** (taped) at Muscle Beach  
**8 a.m., Modified Triathlon** at Muscle Beach  
**5 p.m., Spin** at Muscle Beach  
**7:30 p.m., Bingo** followed by a movie at Hot Spot  
**8:30 p.m., Absolute Abs** at Muscle Beach

# Cricket Movie Theater

## HOT SPOT

### Today



**Rebound, 5 a.m.. and 3 p.m.,** A legendary college basketball coach who, after a public meltdown, is forced to coach a losing junior high school team. Starring Martin Lawrence and Wendy Raquel Robinson.



**The Longest Yard, 7 a.m.. and 5 p.m.,** A retired pro football quarterback is sent to prison and forced by a sadistic warden to lead a team of inmates against a team of guards. Starring Adam Sandler, Chris Rock and Burt Reynolds.



**Hostage, 9 a.m. and 7 p.m.,** Three delinquent teenagers take a family hostage forcing ex-LAPD negotiator back into the hostage business after two devastating deaths drove him away. Starring Bruce Willis and Kevin Pollak.



**XXX: State of the Union Synopsis, 11 a.m. and 9 p.m.,** A James Bond-like prototype whose extreme sports skills and criminal record make him an effective secret agent. Starring Ice Cube and Samuel L. Jackson.



**The Honeymooners, 1 p.m.,** Two best friends, a bus driver and sewer worker, hatch a get-rich-quick scheme to get them out of Brooklyn and onto easy street. Starring Cedric the Entertainer and Mike Epps.



**The Amityville Horror, 11 p.m.,** The residents of a home in a Long Island suburb were terrorized by a haunted house. The home was previously inhabited by a man who murdered his family. Starring Ryan Reynolds and Melissa George.

### Saturday

Honeymooners, 1 a.m.  
The Amityville Horror, 3 a.m.  
The Longest yard, 5 a.m.  
Honeymooners, 7 a.m.  
Hostage, 9 a.m.  
XXX: State of the Union, 11 a.m.  
Rebound, 1 p.m.  
The Amityville Horror, 3 p.m.  
The Longest yard, 5 p.m.  
Honeymooners, 7 a.m.  
Hostage, 9 a.m.  
XXX: State of the Union, 11 p.m.

### Sunday

Rebound, 1 a.m.  
The Amityville Horror, 3 a.m.  
The Honeymooners, 5 a.m.  
Hostage, 7 a.m.  
XXX: State of the Union, 9 a.m.  
Rebound, 11 a.m.  
The Amityville Horror, 1 p.m.  
The Longest yard, 3 p.m.  
Honeymooners, 5 p.m.  
Hostage, 7 p.m.  
XXX: State of the Union, 9 p.m.  
Rebound, 11 p.m.

### Monday

The Amityville Horror, 1 a.m.  
The Longest yard, 3 a.m.  
Hostage, 5 a.m.  
XXX: State of the Union, 7 a.m.  
Rebound, 9 a.m.  
The Amityville Horror, 11 a.m.  
The Longest yard, 1 p.m.  
Honeymooners, 3 p.m.  
Hostage, 5 p.m.  
XXX: State of the Union, 7 p.m.  
Rebound, 9 p.m.  
The Amityville Horror, 11 p.m.

### Tuesday

The Longest yard, 1 a.m.  
Honeymooners, 3 a.m.  
XXX: State of the Union, 5 a.m.  
Rebound, 7 a.m.  
The Amityville Horror, 9 a.m.  
The Longest yard, 11 a.m.  
Honeymooners, 1 p.m.  
Hostage, 3 p.m.  
XXX: State of the Union, 5 p.m.  
Rebound, 7 p.m.  
The Amityville Horror, 9 p.m.  
The Longest yard, 11 p.m.

### Wednesday

Wednesday  
Honeymooners, 1 a.m.  
Hostage, 3 a.m.  
Rebound, 5 a.m.  
The Amityville Horror, 7 a.m.  
The Longest yard, 9 a.m.  
Honeymooners, 11 a.m.  
Hostage, 1 p.m.  
XXX: State of the Union, 3 p.m.  
Rebound, 5 p.m.  
The Amityville Horror, 7 p.m.  
The Longest yard, 9 p.m.  
Honeymooners, 11 p.m.

### Thursday

Hostage, 1 a.m.  
XXX: State of the Union, 3 a.m.  
The Amityville Horror, 5 a.m.  
The Longest yard, 7 a.m.  
Honeymooners, 9 a.m.  
Hostage, 11 a.m.  
XXX: State of the Union, 1 p.m.  
Rebound, 3 p.m.  
The Amityville Horror, 5 p.m.  
The Longest yard, 7 p.m.  
Honeymooners, 9 p.m.  
Hostage, 11 p.m.



# Got ideas?

Give Services a call at 445-2696





### Today

**1 p.m.,** Muslim prayer/service at mosque (behind DFAC)  
**6 p.m.,** Weekday Mass at AF chapel  
**6:30 p.m.,** Jewish Service at Army religious activity center  
**7 p.m.,** Bible study at RAC  
**8 p.m.,** Alcoholics Anonymous at RAC annex

### Saturday

**5:30 p.m.,** Catholic confession at AF chapel/chaplain's Office  
**6 p.m.,** Catholic Vigil Mass at AF chapel

### Sunday

**7:30 a.m.,** Catholic Confession at AF chapel/chaplain's Office  
**8 a.m.,** Roman Catholic Mass at AF chapel  
**8 a.m.,** Church of Christ Service at RAC  
**9:30 a.m.,** Traditional Protestant service at AF chapel  
**9:30 a.m.,** Contemporary Protestant Service at Army Post chapel  
**10 a.m.,** Latter Day Saints service at RAC  
**10:30 a.m.,** Roman Catholic Mass at Camp Cedar  
**1 p.m.,** Gospel Service at Army chapel  
**7 p.m.,** Contemporary Worship service at AF chapel

### Monday

**6 p.m.,** Weekday Mass at AF chapel  
**7:30 p.m.,** "God's Design for your Dream Marriage" at chapel annex  
**7:30 p.m.,** Discipleship Bible study/fellowship at AF chapel

Worship is at the 407th Air Expeditionary Group Oasis of Peace Chapel, unless otherwise noted. The chapel is open 24 hours a day for prayer and reflection. For details on worship opportunities, call 445-2006.

### Tuesday

**7 a.m.,** Weekday Mass at AF chapel  
**Noon,** AA at RAC  
**7 p.m.,** Right of Christian Initiation of Adults at AF chapel annex  
**7:30 p.m.,** Creation Science DVD series at AF chapel annex  
**7:30 p.m.,** Combat Bible study at RAC

### Wednesday

**7:30 p.m.,** Creation Science DVD series at AF chapel annex  
**6 p.m.,** Weekday Mass at AF chapel  
**8 p.m.,** 40 Days of Purpose Bible study at AF chapel annex

### Thursday

**7 a.m.,** Weekday Mass at AF chapel  
**6:30 p.m.,** Ladies' Bible study at RAC  
**7 p.m.,** LDS study at RAC  
**7:30 p.m.,** Workman's Fellowship at Army RAC



## Inspirational moments... Hospital windows

Two men, both seriously ill, occupied the same hospital room. One man was allowed to sit up in his bed for an hour each afternoon to help drain the fluid from his lungs.

His bed was next to the room's only window.

The other man had to spend all his time flat on his back. The men talked for hours on end. They spoke about their wives, families, homes, jobs, involvement in the military service and where they had been on vacation. And every afternoon when the man in the bed by the window could sit up, he would pass the time by describing to his roommate all the things he could see outside the window.

The man in the other bed began to live for those one-hour periods where his world would be broadened and enlivened by all the activity and color of the world outside. The window overlooked a park with a lovely lake. Ducks and swans played on the water while children sailed their model boats. Young lovers walked arm-in-arm amidst flowers of every color of the rainbow. Grand old trees graced the landscape, and a fine view of the city skyline could be seen in the distance.

As the man by the window described all this in exquisite detail, the man on the other side of the room would close his eyes and imagine the picturesque scene.

One warm afternoon the man by the window described a parade passing by. Although the other man couldn't hear the band, he could see it in his mind's eye as the gentleman by the window portrayed it with descriptive words. Days and weeks passed.

One morning, the day nurse arrived to bring water for their baths only to find the lifeless body of the man by the window, who had died peacefully in his sleep.

She was saddened and called the hospital attendants to take the body away.

As soon as it seemed appropriate, the other man asked if he could be moved next to the window.

The nurse was happy to make the switch, and after making sure he was comfortable, she left him alone.

Slowly, painfully, he propped himself up on one elbow to take his first look at the world outside. Finally, he would have the joy of seeing it for himself.

He strained to slowly turn to look out the window beside the bed. It faced a blank wall.

The man asked the nurse what could have compelled his deceased roommate who had described such wonderful things outside this window.

The nurse responded that the man was blind. She said, "Perhaps he just wanted to encourage you."

**Who do you know that needs encouragement today?**

Article courtesy of the Oasis of Peace Chapel

**Read about Air Force news at [www.af.mil](http://www.af.mil)**